

A woman with blonde hair, wearing sunglasses and a blue and white striped shirt, is harvesting hops in a field. She is holding a hop cone in her right hand. The background shows a hop field with tall wooden posts and green hop plants under a clear blue sky.

Facet

THE CENTRAL IOWA EXPERIENCE
OCTOBER 2015

HOPS: GROWING WITH AN INDUSTRY

HOP FARMING GROWING WITH
IOWA CRAFT BEER SCENE

FLAVOR SAVOR

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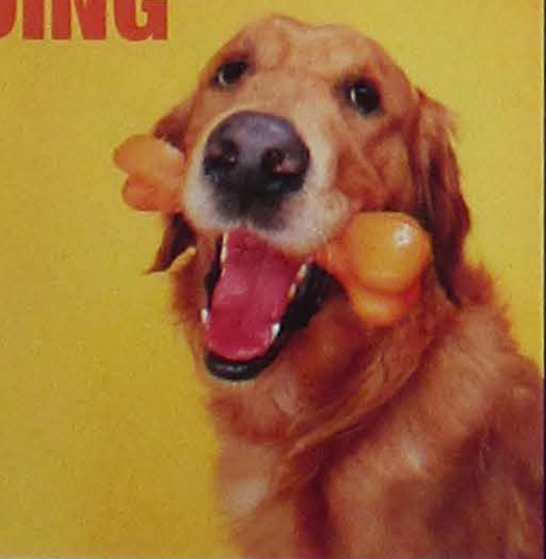
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THE CENTRAL IOWA EXPERIENCE

Editor

Margo Niemeyer

Contributors

TODD BURRAS

AMY CLARK

MARY CLARE LOKKEN

JAN RIGGENBACH

GRAYSON SCHMIDT

KAREN SCHWALLER

Photographers

TOD BURRAS

NIRMALENDU MAJUMDAR

MARGO NIEMEYER

JAN RIGGENBACH

KAREN SCHWALLER



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Tribune Editor

MICHAEL CRUMB

ADVERTISERS

To advertise in Facets magazine,
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(515) 663-6973

PHONE

(515) 663-6923

ADDRESS

317 Fifth St. Ames, IA, 50010

EMAIL

mniemeyer@amestrib.com

ONLINE

[www.amestrib.com/sections/
special-sections/facets](http://www.amestrib.com/sections/special-sections/facets)

ON THE COVER: Assistant professor
Diana Cochran shows some of the
hops at the Iowa State University Hor-
ticulture Research Station in Gilbert.
Photo by Nirmalendu Majumdar/
Ames Tribune

EDITOR'S NOTE

It's fall! The time of pumpkin-spiced everything is officially here. The sweet and savory smell of burning leaves will hit the wind gusts in no time. So many times during the year, especially during the dead of winter, I wish for summer to just get here already. But, really, my favorite season is fall. I get to finally break out the sweaters. I also have an excuse to get cuddled up in a blanket with my puppy.

Those of us with a bit of German in our blood will be drawn to Oktoberfest celebrations. Although the Ames celebration has passed, there are still recipes to be tried and sauerkraut to be had! I am not personally a fan of sauerkraut, but I do like the pretzels and bratwurst. To each their own ... Be sure to also visit some of the local breweries to check out the seasonal brews.

Better not forget about the ghosts and ghouls; princesses and superheroes; robots and the Frankenstein monsters. Are the kids ready for Halloween? Review your family Halloween rules before your wizards and fairies hit the pavement in search of treats ... or tricks. Turtle-necks and parkas may clash with your knight's shining armour, but, depending on the weather, they could aid in keeping the fun in candy-hunting, and keep kids healthy.

Here's to fall!

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SHOWS YOU JUST CAN'T MISS!

COME AND MEET THOSE DANCING FEET

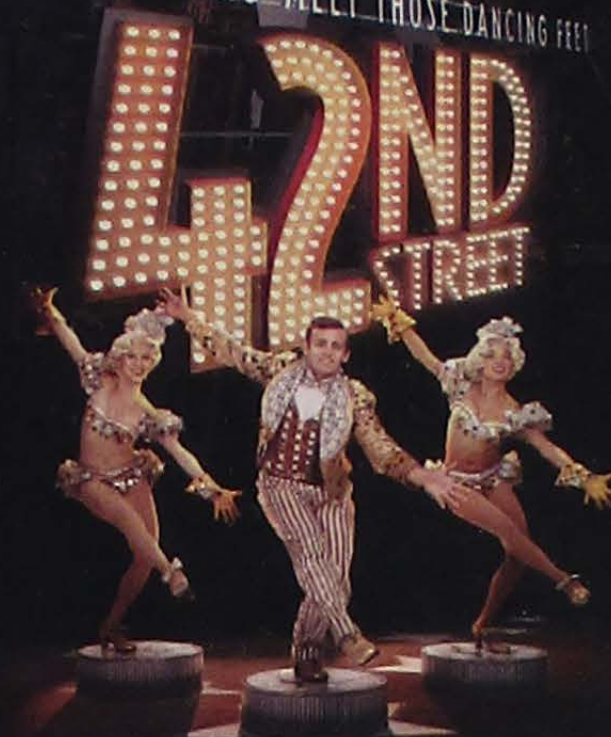


Photo by Jean Marcus

Catch a rising star as young Peggy Sawyer leaves Allentown, PA with the dream of making it big in this Broadway classic.

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Crops and farm wife both mature

BY KAREN SCHWALLER | Contributing Writer

I read a post last fall on social media. It said, “My favorite color is October.”

A change of seasons is always refreshing, especially when lush green bursts into all the warm colors that autumn produces. I noticed upon late summer this year that the soybean fields were beginning to look as dry as my skin does, and that the leaves were beginning to change color — much like my own hair has done over the last few years.

The soybeans and I have both been maturing, and there are others who have noticed.

Last week I was at the cash register of a clothing store, when the clerk asked me, “You’re not over 55 are you?”

“No,” I said, sure that Alan Ludden was hiding somewhere in the store. “I’m a few months from it. Why?”

“Well,” she said as she took a minute to decide. “We have a senior citizen discount here each Wednesday. You might as well have it.”

I was glad to have the extra discount, but was traumatized that someone would deem my face worthy of such a discount. Apparently I need to either find a new wrinkle cream or pony up the cash for a facelift.

(Lord knows what else needs to be lifted.)

I would have drowned my sorrows in a chocolate malt if I hadn’t been afraid they had a senior citizen discount that day at the ice cream shop, too. That would’ve put me over the edge.

On the farm, life changes happen every year. Farm babies are born and others die. Planters come out each spring. Crops go from green and growing to yellowish-orange and slowing down, to brown and dried up. Combines emerge, crops are swallowed up and then heaved out the unloading auger.

For the farm family, fall takes on a whole new meaning. I see social media posts about the fabulous colors of fall, the sweat-shirts people love wearing, burning leaves, the chill in the air, Friday night football games and all the wonderful ways people celebrate that season.

Farm families know fall means all of those great things, too, but it’s also the season where all hands are needed on deck. Every day. No exceptions.

There is equipment to keep running as farmers harvest fields of gold and make financial decisions for the year based on what the yield monitor says. People are needed to haul grain, keep bins or corn

dryers running and bale the corn stover until the snow flies. There are livestock chores to do at home while people are in the field, and meals on wheels to be delivered to farmers who have already worked a 12 or 13-hour day by 6 or 7 p.m. For farm families, fall tells the story of decisions made all growing season long.

For young children, fall is a season of great excitement as they see those combines do their thing. A 90-mile trip to my parents’ farm one October prompted a new game for our (then) very young children. Everyone was supposed to count the combines in the fields on their sides of the car. Those on whichever side of the car who had counted more combines in their fields by the time we got there won the game.

I was a genius. They stayed occupied the whole time.

But that was back in my ‘green and growing’ days of living and parenting. These days I’m somewhere between the stages of ‘yellowish-orange/slowing down’ and ‘brown and dried up.’

Good thing I’m a farm wife and not a dairy cow. That’s all I have to say about that.



Preserving legacy of loved ones: Saving, creating handwritten keepsakes

BY LESLIE MANN
Chicago Tribune

Reading musical scores that were handwritten by her late husband, Stephen, “brings him to life,” said Bonnie Simon, president of New York-based Maestro Classics, which produces classical music geared to children. “I can tell by the notes in his famous red pencil what he was thinking.”

Shanti Wintergate’s late grandmother’s personality radiates from the greeting cards she sent. “She was disciplined (she ran a foreign-language school) yet artistic,” said Wintergate, a McCall, Idaho, singer/songwriter. “I can hear her tell me, ‘Get every last drop out of life.’”

As Alex, 9, and Brendan Osolind, 6, have matured, the snail mail they’ve sent their California aunt, Kirsten Osolind, has morphed from scribbles to creative missives, and she has a record of their South Lyon, Mich., childhood.

More than computer documents, handwritten items such as those saved by Simon, Wintergate and Osolind convey the writers’ essence, humanity and individuality. Science confirms the emotional connection, said psychologist Virginia Berninger, a professor at the University of Washington. Her brain-imaging studies have shown that children use the brain’s amygdala (responsible for emotional learning) when they write by hand.

“Cursive, especially, is more than a motor skill,” said Berninger. “We pay more attention than when we block-print or type.”

But more than that, handwritten

keepsakes are tangible reminders of the people who wrote them. Experts offered some tips not only for safeguarding these one-of-a-kind treasures, but also for generating and appreciating them:

- When you host a shower, hand out cards and pens for guests to proffer advice. “At one of our baby showers, guests wrote name suggestions — some serious, some silly,” said Polly Hall, a composer in Santa Monica, Calif. “I’m so glad I have them.”

- Handwritten invitations, as well as greeting cards (get-well, thank-you, etc.) trump digital messages. “It’s polite, personal, and you know the receiver reads it,” said Simon.

- Keep journals in uniformly sized, hardcover books. “Mine are lined up on the shelf, all 32 years of them, and include all the funny little stories about my sons — good and bad,” said Simon. “After I die, they’ll be hard to throw out!”

- To encourage the whole family (grown-ups too) to write by hand, keep colorful pencils, pens and papers handy.

- Attach handwritten notes to family treasures. “There are notes on my pearls that say which are real or fake and who bought them for me,” said Marilyn Jacobs of Mississauga, Ontario. “My kids will have their history.”

- Keep guest books at weddings and funerals, but also consider using them for celebrations and at vacation homes. Simon’s Cape Cod, Mass., neighbor has one in the form of a family tree. “Everyone adds notes because they’ve gone there for generations and are related,” she said.

Put two-sided keepsakes such as

postcards in “floating” frames and hang them as room dividers.

- Organize handwritten papers in chronological order, and store them in binders with archival sleeves (sold in office supply and department stores). That’s how Wintergate stores the “playful” notes her musician-husband wrote while courting her. “You can tell by his upper- and lower-case printing he doesn’t always follow the rules,” she said.

- Compile a binder for each person in the household. “They include everything from a foxhound pedigree chart, dinner menus, a 1947 bicycle license and grocery lists, to property deeds,” said Jacobs of hers. “They tell stories of their lives.”

- Digitize paper copies of old letters and handwritten mementos before they get lost. Compile them in photo books such as those on Shutterfly.com. Or, shop www.etsy.com for artisans who preserve handwriting on jewelry, scarves, wooden carvings, tea towels, etc.

- Keep handwritten recipe cards, said Hall, who treasures her grandmother’s collection. “She died before I was born, so they tell me a lot about her I wouldn’t know otherwise,” she said. “They even say who she had over for dinner.” Again, archival sleeves sized for recipe cards are available. These can be scanned into your computer as well.

- Don’t overlook longer documents, which can be more revealing, said Patricia Siegel, handwriting analyst and president of the American Society of Professional Graphologists. “We become less conscious of the way we write after a few pages.”

Refresh your daily life with a multitude of autumn outings

BY TODD BURRAS | Contributing Writer

Steve Lekwa has seen the turning of the seasons in central-Iowa for some 66 years. While each offers unique beauty and plentiful opportunities for observation of the natural world to someone as tuned into the natural world as the former director of Story County Conservation, one season and one specific month hold a special place in Lekwa's soul and spirit: October.



Lekwa

"Perhaps I find parallels between the season and my time in life," Lekwa said. "I'd like to keep life filled with colors, wildlife and outdoor experiences as long as possible before the cold of winter puts more limits on what I can do."



Beall

Conversely, Rebekah Beall, a naturalist for Story County Conservation, is a relative newcomer to central Iowa. Beall, 32, is originally from Indiana and moved to Ames in 2008 to compete a master's degree at Iowa State University. She's been at Story County Conservation about a year.

As autumn fully unfurls itself with the arrival of October, here, in their own words, are a few outings Lekwa and Beall hope to take in this month. You might want to do some of the same.

Steve Lekwa:

■ Canoe the old Skunk River from Story City to Ames. "I haven't done that in several years. I'd enjoy seeing places I visited often as I grew up and learned to love the outdoors. Several sites important to local history would be seen along the way, including important river fords that were used before there were bridges, the Soper's and Hannum's mill sites, and there is always the possibility of seeing local wildlife."

■ Hike and bird watch at Ledges State Park near Boone. "I think we'll probably hike some of the more remote trails at the Ledges this fall. Again, there'll be bedrock outcrops

AUTUMN, page 10

Get Outdoors and Get Involved

Story County Conservation has a range of outdoor activities for people of various ages taking place throughout the month of October. With each event, it's a good idea to call the conservation center at (515) 232-2516 ahead of time to register and get more information. Here are a few you might want to get involved with:

- **Prairie Seed Harvest:** 4 p.m. Thursday, Oct. 8, at Doolittle Prairie, south of Story City. Help conservation staff collect prairie seeds. Staff will show you what to collect and provide information about the plants around you as you work. Long pants, sturdy shoes and bug spray are recommended.

- **Trail maintenance:** 1:30 p.m. Sunday, Oct. 11, at McFarland Park, 56461 180th St., northeast of Ames. Be a part of the TEAM (Trail Enhancement and Management) and help make improvements to county trail systems. All volunteers are asked to wear long-sleeved shirts, pants, and gloves, and bring a water bottle. Sturdy, closed-toe shoes are strongly recommended.

- **Super Spiders:** 6:30 p.m. Thursday, Oct. 15, at McFarland Park. Gear up for Halloween and celebrate these amazing creatures with naturalist and spider geek Rebekah Beall. Bring your family to the Conservation Center and discover spiders' abilities to walk on water, change color and spin silk. Weather permitting, participants will have an opportunity to go on a short web and spider hunt outdoors.

- **WildTots: Fun in Fall:** 10 a.m. Saturday, Oct. 17, at McFarland Park. Join Naturalist Jess Lancial exploring autumn through a series of activities, crafts and a snack. This program is for children (ages 2 to 4) plus an accompanying adult. Be prepared to play outside and indoors. The cost is \$5 per child. Registration with payment required by 4 p.m. Wednesday, Oct. 14.

- **Halloween Hides and Creepy Caches:** 7:30 p.m. Friday Oct. 23, at McFarland Park. Combining the fun of geocaching with the spirit of the season, the pursuit has turned nocturnal. Join staff on an exploration of the origins of Halloween while learning how to use a GPS. Experience McFarland Park after dark and enjoy finding hidden jack-o-lanterns throughout the park. Space is limited to 30 groups so be sure to register your group early. Registration with payment required by 4 p.m. Monday, Oct. 19.

Color blinding

Say the word October and I think color. Lots of color. Reds, yellows, oranges, purples, browns, greens.

We probably can all think of at least one tree that stands tall as an annual harbinger to the changing of the seasons, whether it's a massive maple on a busy thoroughfare like Grand Avenue in Ames or a smaller pear tree or burning bush on a quiet residential side street in Roland, Nevada, Collins, Randall, Slater or any other community in central Iowa.

The changing of verdant leaves to a landscape awash with nearly all the shades on the spectrum is undoubtedly one of the primary sources of color in October. But fall foliage isn't the only thing that makes October so wonderfully colorful. Here are some others:

1. **City parks.** Every community has at least one, from huge parks like McHose in Boone to tiny ones like McCallsburg City Park. Personally, my favorite in October is Inis Grove Park in Ames. Soccer fields

set against a gorgeous woodland backdrop is about as good as it gets for me at times. Enjoy colorful maples. Colorful kids. Colorful games. Colorful playscapes. Colorful oaks.

2. **Farmers markets.** Nearly every town in Iowa has some sort of farmers market, whether large, small or in-between. But before you pick out a bunch of kale, rainbow chard or sunflowers, stop and look around at all the color. Enjoy colorful produce. Colorful flowers. Colorful clothing. Colorful people. Colorful conversations.

3. **Local wetlands.** Colo bogs in eastern Story County and Harrier Marsh near Ogden are beautiful small oases to escape to for a relaxing walk in a prairie community. One of my most vivid October memories is of watching hundreds of brightly colored wood ducks dive one group after another against a glowing orange sunset into a small pool of water on the north side of Colo Bogs. Enjoy colorful ducks. Colorful sumac. Colorful coneflowers. Colorful cattails. Colorful sunsets.

4. **High school football games.** It's been years since I covered prep football for The Tribune, but Friday nights in October walking the sidelines of a high school football game whether it be in Colo, Jewell, Ames, Madrid, Huxley, Story City or Maxwell stand out among my happiest as a journalist. Enjoy colorful uniforms. Colorful student sections. Colorful marching bands. Colorful coaches. Colorful fans.

—Todd Burras

AUTUMN Continued from page 8

and the diverse woodland should offer great color. The Des Moines River Valley is a noted migration corridor for many species of birds, as well."

■ Paddle the Iowa River from Iowa Falls to near Marshalltown. "My favorite stretch there is in the area of Steamboat Rock with large rock outcrops and native white pine and white birch. It almost looks like Minnesota in places. There's a good chance at catching some walleyes along the way, too."

■ Hunt ducks at Polk County's Chichaqua Bottoms Wildlife Area. "This is a fall place I'd hate to miss. I have hunted ducks there almost every year for the past 35-plus years and have many happy memories from its wetlands, especially some of the more remote blind locations. We always see much more wildlife than just ducks. Sandhill cranes, swans, wild turkeys and many species of raptors come to mind."

■ Paddle the Boone River from Webster City to its mouth on the Des Moines River. "That would be another great canoe site to visit. I particularly enjoy seeing the rock outcrops along the way in what seems a pretty wild stretch of river for central Iowa. The wooded bluffs should be beautiful in October."

Rebekah Beall:

■ Paddle Hickory Grove Lake near Colo. "I love canoeing during sweater weather in the fall. The lake at Hickory Grove Park reflects the oranges and reds of the leaves and makes for a beautiful autumn paddle."

■ Hike a prairie. "Central Iowa prairies turn a beautiful fox red color in the fall, so instead of visiting the woods, I like prairie hikes. It's beautiful to see how the wind moves in the grasses, and I always look for milkweed seeds to fly on the wind. Story County Conservation works with volunteers to hand collect prairie seed, and that's a really fun way to get to know a prairie."

■ Take in the fall migration. "Birds are on the move in October, especially hawks. The Des Moines River Valley is great for catching a view of migrating hawks. Several area organizations partner to hold a hawk watch the second week of October on the High Trestle Trail to help people see who's passing overhead."

■ Go on a camping trip. "I always plan on camping in October because I love the cool nights and autumn colors. Campgrounds tend to be less busy too, and for real solitude, I like the remote primitive campsite at Robison Wildlife Acres near Nevada. This does take a hike in though!"

■ Pack a picnic. "My family is known for going on picnics a little too early in the spring and late into the fall because we can't wait to get outside in spring and want to savor every bit of good weather before winter. One of my favorite things to do at McFarland Park in autumn is a harvest picnic with a warm thermos of butternut squash soup and any other delicious fall finds from the farmer's market."

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I can do.

— STEVE LEKWA

TOMATO GROWERS' NEVER-ENDING CRUSADE FOR THE HOLY GRAIL

BY BARBARA DAMROSCH
Special to the Washington Post

It's tomato time, and as I watch the big pot of red puree simmering on the stove for canning, I'm touching base with fellow tomato fans about their favorite varieties, both new and old.

My friend Cheryl Long, editor in chief of Mother Earth News, had a poor tomato year because of weather woes, but she praised one called Stupice. "It's super early," she said, "with excellent flavor, and it keeps going through the hot Kansas summer." We agreed that the currently popular little black-and-red Indigo Rose was beautiful but weirdly flavored. Bred for high anthocyanins, it seems like a tomato trying to be a blueberry, and I already grow blueberries — in fact, they're next in the big pot.

Jason Grauer, the field crop manager at the Stone Barns Center for Food and Agriculture in Pocantico Hills, N.Y., is in love with a variety they're testing called Matthew, an orange oval tomato slightly bigger than a cherry type — juicy, tasty and productive.

My husband paid a recent visit to High Mowing Seeds in Wolcott, Vt., where he got a tour from owner Tom Stearns, along with our friend Pete Johnson, a grower in nearby Craftsbury. The three converged on a red cherry tomato called Bing and all gave it a thumbs-up. Pete thought it tasted "almost like melon." Tom proclaimed it "tropical and fruity ... does great in the field." My husband's assessment: "About as close to perfection as I have tasted."

I caught up with Ris Lacoste, of Washington's Ris Restaurant, as she'd just returned from judging the 31st annual Massachusetts Tomato Contest in Boston. (Every state should have one!) Her category was

heirloom tomatoes, which she loves and seeks out at local farmers markets. Favorites include Cherokee Purple ("gorgeous") and Lemon Drop, which won the Seed Savers Exchange Tomato Tasting in 2010. Described as "tart-sweet," it's productive even in cold, wet weather.

Heirloom tomatoes often have the abundance of sugar and acid, in good balance, that makes the fruit taste great. However, they must also be productive enough to not frustrate the gardener. Some, such as Matt's Wild Cherry, were born that way. So was Lemon Drop, which emerged as a yellow sport, or mutation, of the heirloom Snow White Cherry. And Rose de Berne, Jason Grauer's favorite, is purportedly a strain of the larger Rose, selected for smaller size and greater productivity. It was dubbed "the Brandywine of continental Europe" by Fedco Seeds, comparing it to the big red lumpy tomato that many consider the best-tasting heirloom of all.

Sometimes the best way to improve an heirloom is to hybridize it, preserving its best qualities but making it perform better.

In 2003, Burpee Seeds crossed Brandywine with a tomato that lent disease resistance without loss of flavor. The result was Brandy Boy, a fabulous tomato that is simmering now in my great pot. Recently I took part in a tomato tasting at Burpee, where garden writers ranked some company favorites in order of sweetness. I rather liked one called Fourth of July because it was tastier than most super-earlies. But Brandy Boy took the prize, hands down.

What better way to prepare for spring seed ordering than to hold a tomato tasting right now — at your kids' school, your garden club, community garden, or your own table. Have everyone bring their favorite, and may the best "boy" win.



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Jennifer Duncan, an employee of Torrent Brewing Company, carries a flight of their beers at the bar in Ames. Photo by Nirmalendu Majumdar/Ames Tribune

Iowa craft beer scene growing stronger

BY GRAYSON SCHMIDT
Ames Tribune Staff Writer
gschmidt@amestrib.com

Five years ago, there were only about 22 breweries in Iowa; now there are 55 across the state. And according to J. Wilson, Minister of Iowa Beer at the Iowa Brewer's Guild, there are roughly 30 more breweries that are currently in planning and about six more that can be expected to open by the end of 2015.

"And those are just the ones I am aware of," he said.

The craft beer scene in Iowa has grown exponentially since 2010, and a recent study by the Iowa Wine and Beer Promotion Board shows that the beer industry has not only been able to expose more people to craft beers, but has also made a

major economic impact.

According to the report, in 2014 the economic impact from craft breweries increased the industrial production of Iowa by more than \$100 million. These breweries were also able to generate more than 1,500 jobs and increase personal income by nearly \$42 million for Iowans.

From the numbers, it is clear to see that there are some obvious economic advantages of expanding the craft brewery scene, and the report said that is exactly what is going to happen.

Within five years the report predicts that beer production from Iowa craft breweries is expected to increase from 40,786 barrels in 2014 to over 146,000 by 2019. With that, the in-state consumption can be expected to rise as well from 33,446 barrels to 120,000 barrels.

Wilson credits the government reorganization act that was passed by the Iowa Legislature in 2010 as the catalyst to the craft brewery boom. Part of this act allowed state brewers to produce beer over 6 percent alcohol, which he said really limited brewers before.

"Basically, Iowa brewers weren't allowed to brew three-quarters of the world's beer styles," he said. "So they were creatively stifled and not able to make what other breweries in other states could."

In Ames, Torrent Brewing Company owner Andy McCormick knows this all too well.

"Simply put, we do make a few beers that are lower than 5 percent, but the majority of my beers are at 5 percent or above," McCormick said. "So I couldn't

exist in the capacity that I do without that law being passed.”

In Ames alone, two breweries have opened in 2015. Torrent opened in February, and Alluvial Brewing Company in March. And both owners know that the Iowa craft beer scene still has plenty of room to grow.

“I feel like we’re just getting started, in some aspects,” McCormick said. “The craft beer scene in Iowa does have a long way to go, and there’s a lot that breweries can do to push that forward.”

To put it in perspective, Wilson said that all the beer brewed in Iowa last year only amounts to half as much as the Boulevard Brewing Company in Kansas City, Missouri.

“We’ve got some breweries that it feels like they’re growing — and they are — and it feels like they’re making a lot of beer, but in the grand scheme of things we’re still talking about a very small business,” Wilson said.

The study said that the national market share for craft beer is at 11 percent. In Iowa, that number is only at 5 percent, meaning the major corporations such as Anheuser-Busch InBev or MillerCoors make up 95 percent of the market.

“For established breweries, if people aren’t drinking their beer, they want people to be drinking other craft breweries’ beer,” McCormick said. “They don’t want the big brands constantly eating up market share.”

But craft brewing has come a long way in Iowa just in the past five years, and even though Iowa is far off from being a known beer state like California, Pennsylvania or even Wisconsin, it is making major strides to boost its beer resume. Wilson said

he sees this in bigger cities like Des Moines or Cedar Rapids, and even in smaller communities.

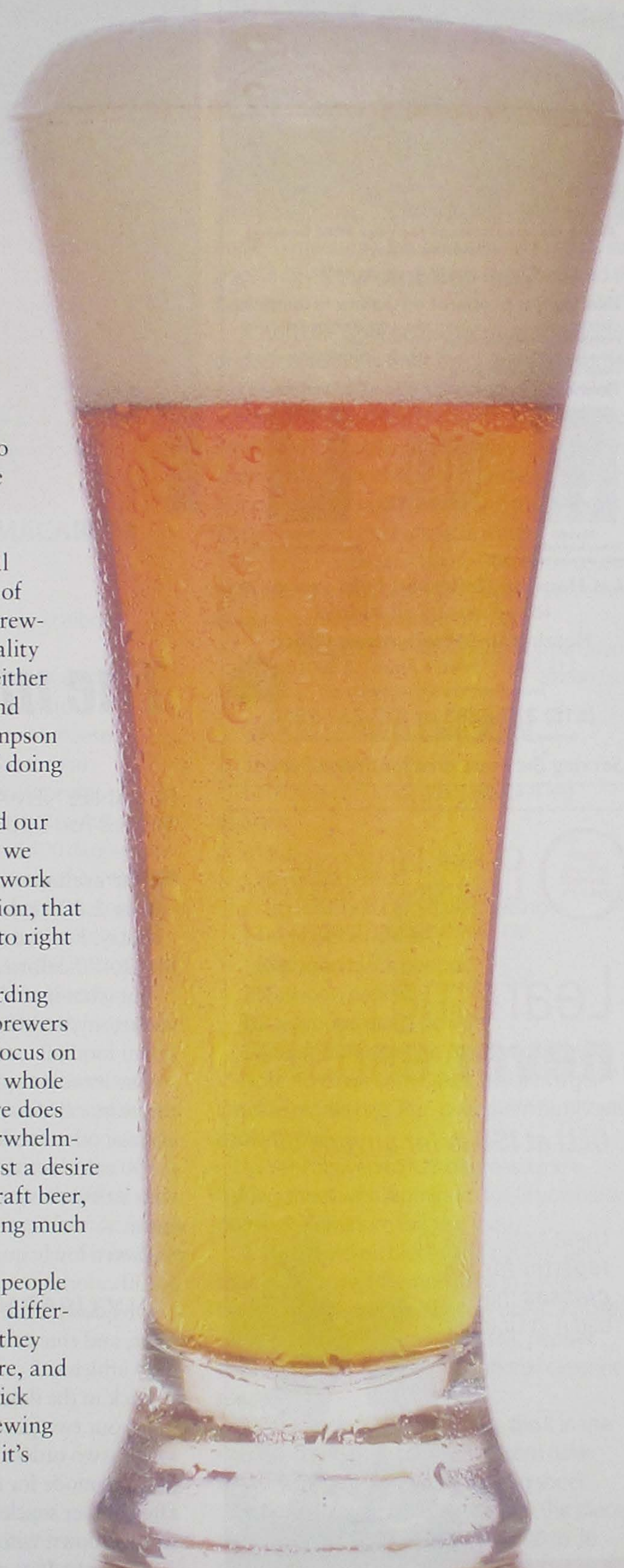
“I’ve had communities approach me and say, ‘Hey, we want to make our town a brewery-friendly town. We want to attract a brewery. What can we do to change the zoning language to make it workable?’” he said.

Both Torrent and Alluvial have embraced the concept of being smaller community breweries. There is a distinct quality over quantity mentality. Neither brewery bottles its beers, and Alluvial Owner Elliot Thompson said that he has no plans of doing so in the immediate future.

“That hasn’t even crossed our minds,” he said. “For us, if we can make the smaller scale work without doing the distribution, that is kind of our business motto right now: keep it small.”

These brewers, and according to McCormick most craft brewers in general, simply want to focus on brewing good beer that the whole community can enjoy. There does not even seem to be an overwhelming sense of competition, just a desire to expose more people to craft beer, which they know is becoming much more popular.

“There’s more and more people finding new beer styles and different beer styles, and flavors they have never really tried before, and they’re loving it,” McCormick said. “That’s what craft brewing is, it’s not ‘bigger is better,’ it’s ‘better is better.’”



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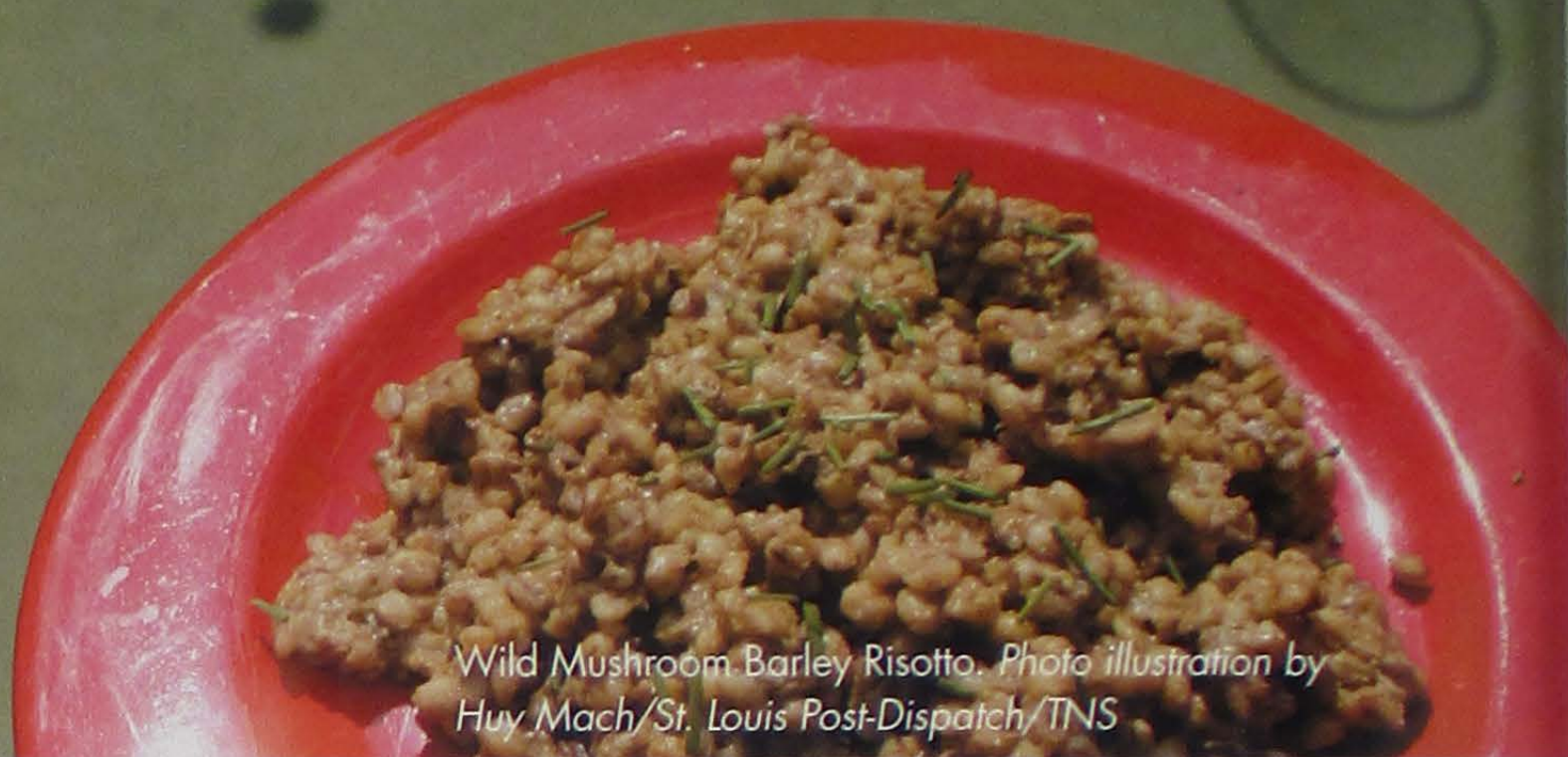
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Wild Mushroom Barley Risotto. Photo illustration by
Huy Mach/St. Louis Post-Dispatch/TNS

Eat like a lineman: The nutrition, not the quantity

BY DANIEL NEMAN
St. Louis Post-Dispatch

The average woman needs about 1,800 or 2,000 calories to get through her day. For the average man, it is more like 2,400 calories.

But what if you're an athlete? What if you're, say, an offensive lineman on a professional football team?

The more you physically exert yourself, the more calories you need for fuel. The average offensive lineman requires 6,200 to 6,500 calories a day to perform at his peak with sufficient energy throughout an entire game.

Even a lowly quarterback needs 5,200 to 5,400 calories.

Obviously, athletes don't eat like the rest of us, and elite athletes don't eat like ordinary athletes.

Back in the day, Babe Ruth was known to devour two porterhouse steaks, two salads, two orders of fries and two apple pies a la mode for dinner — and then make after-dinner snacks out of a dozen hot dogs washed down with a dozen Coca-Colas.

But those days, perhaps fortunately, are gone. Eating is more of a science now. Today's athletes are likely to follow a

health-conscious regimen, and many professional teams hire their own nutritionists and dietitians.

Simon Lusky is the team chef for the St. Louis Cardinals and is also chef and owner of Revel Kitchen. A nutritionist with a degree from the Johnson & Wales culinary school, he tailors his meals to athletes depending on the sport they play, the training they do and even their roles on their team.

Lusky cooks meals and gives nutrition advice to everyone from professional athletes to the people he calls weekend warriors — those who may run 5K or 10K races, play soccer or maybe ride a bicycle for exercise — to people who are essentially sedentary. Though their needs are different, he has the same mantra for everyone: "I believe in balance overall, a good balance between fat, protein and carbohydrates."

How this balance is formulated, however, is different for the different lifestyles. "Sedentary people want to watch carbohydrates, but it's vice versa for athletes. For athletes we want to get them carbs, and time them well," he said.

Lusky said that a good balance for weekend warriors and many elite athletes, including baseball players, is to consume 50

percent of their calories in carbohydrates, 30 percent in protein and 20 percent in fats.

There are carbohydrates, and then there are carbohydrates. Lusky prefers what he calls "clean" carbohydrates — whole grains and unprocessed foods as opposed to, say, white rice and white bread.

"They can have potatoes, but not mashed potatoes with butter and cream. We're roasting them. We can give them potatoes, but not dirtying them up with the other stuff," he said.

Protein is important for everyone, but athletes especially need it because it helps to repair muscles. For his clients and restaurant customers, Lusky focuses on what he calls high-quality proteins, "things that are wild-caught or grass-fed." Fresh vegetables and fruits are also important sources of protein. But he warns that protein is only helpful up to a point.

"They say that you can't metabolize anything more than two grams of protein per pound of body weight. After that, your body can't use it and just flushes it out. Those are calories that make your body work hard and can put a lot of strain on your body, such as your kidneys trying to get rid of it" he said.

For most athletes in training, he recommends a ratio of 1 gram of protein daily for every pound of body weight.

When he is cooking for the Cardinals, Lusky often likes to make healthy, nutrient-dense versions of otherwise unhealthy comfort food. Instead of fried chicken, he makes roasted chicken covered with crushed corn flakes for crunch. Instead of a typically decadent risotto, he makes a version with barley instead of rice, using dehydrated mushrooms for extra flavor and the liquid they reconstituted in as stock.

And for macaroni and cheese, he makes a sauce mostly out of pureed butternut squash. The cheesy flavor comes from a combination of three cheeses, including a tangy goat cheese to offset the sweetness of the squash.

For dessert, he will occasionally splurge and make a bread pudding. He uses less cream than most versions, substituting skim milk and coconut milk, and he replaces some of the sugar with sorghum, which has a lower glycemic index. But even so, it's bread pudding. It's not going to be great for you.

"I like to tell everyone, including elite athletes, that everyone should lead their life by the 80-20 rule," he said. Eighty percent

of the time, you should watch what you eat. In the other 20 percent, you should "live a little."

When Lusky first came to work for the Cardinals, the team's strength and conditioning coach Pete Prinzi told him, "You can't train hard and diet hard. Something will give." Just as it is important to take a day off from exercise to let your body rest, Lusky believes that taking a day off from dieting is important for your mental health. You can't live up to unreal expectations, he said.

What is vital for athletes eating balanced meals is to keep at it, he said.

"Consistency is everything. It is important to keep up what you are doing, even if it is a little bit. Never quit. Something is better than nothing."

HEALTHY/GOOD MACARONI AND CHEESE

Yield: 4 (1-cup) servings

2 cups uncooked whole wheat elbow macaroni

1 1/2 cups butternut squash, see note

1/2 cup chicken or vegetable stock

1/2 cup shredded mozzarella cheese

1/2 cup shredded cheddar cheese

2 tablespoons goat cheese (chevre)

Note: If available, use fresh butternut squash — split it in half and roast it at 400 degrees for 25 minutes, until soft; then purée the interior orange part. If the squash is not in season, use a 12-ounce package of frozen butternut squash (or winter squash), prepared in the microwave according to instructions on the package.

1. Prepare macaroni according to instructions on the package. Drain.

2. Place pureed squash in a medium saucepan over medium heat. Stir in stock and mozzarella, Cheddar and goat cheeses. Cook until the cheese is melted and thoroughly incorporated. Combine the macaroni with the sauce.

Recipe by Daniel Neman from an idea by Simon Lusky

WILD MUSHROOM BARLEY RISOTTO

Yield: 4 (1-cup) servings

1 ounce dried mushrooms

1 tablespoon olive oil

1 shallot, minced

1 clove garlic, minced

1 cup uncooked barley

1/2 cup dry white wine

1/2 cup shredded Parmesan cheese

Salt and pepper

Chives, for garnish

1. Soak mushrooms in 6 cups of lukewarm water for at least 30 minutes. Strain and reserve the water. Chop mushrooms. Heat mushroom water until it is steaming hot, but not yet simmering.

2. Heat oil over medium heat in a large pot. Add shallot and garlic and cook until shallot is translucent, about 3 to 5 minutes. Add barley and stir until coated with the oil. Raise temperature to medium high, add wine and cook, stirring, until most of the wine is absorbed into the barley.

3. Add one ladle of the hot mushroom liquid and stir constantly until it is nearly all absorbed. Add another ladle and stir constantly until it is nearly all absorbed, and so on. Keep adding liquid and stirring until the barley is tender and cooked through, about 45 minutes. If you run out of the mushroom liquid and the barley is not yet cooked through, add water.

4. Stir in Parmesan cheese. Taste and season with plenty of salt and with pepper. Serve with chopped chives sprinkled on top.

Recipe by Daniel Neman from an idea by Simon Lusky

BAKED FRIED CHICKEN

Yield: 4 servings

1 chicken cut up, or 4 breasts or 4 leg quarters

2 eggs

Juice of 1/2 lemon

2 cups crushed corn flakes, see note

1 1/2 teaspoons salt

1 teaspoon black pepper

1 teaspoon paprika

1/2 teaspoon garlic powder

1/4 teaspoon cayenne pepper, optional

Note: To crush corn flakes, place in a gallon-size plastic bag. Run over them firmly with a rolling pin.

1. Preheat oven to 425 degrees. Line a baking sheet with aluminum foil (if you have nonstick aluminum foil, use that).

2. Rinse chicken pieces and pat dry. Beat together eggs and lemon juice in a wide bowl. In another wide, shallow bowl or plate, combine crushed corn flakes, salt, pepper, paprika, garlic powder and optional cayenne pepper.

3. Take each piece of chicken, dip it in the egg wash and then roll it in the corn flake mixture. Place on prepared baking sheet.

4. Roast in oven 30 minutes, turn the pieces, then continue to cook until done, 20 to 30 minutes more.

Recipe by Daniel Neman from an idea by Simon Lusky

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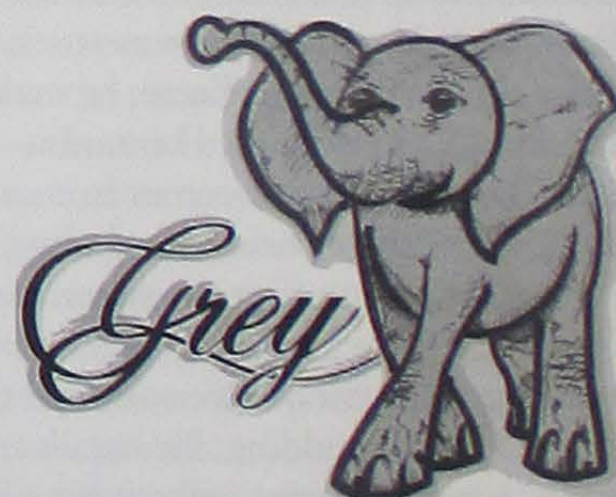
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WALK IN'S WELCOME



Move herbs indoors for winter flavor saver

BY JAN RIGGENBACH
Contributing Writer

Once you've enjoyed a plentiful supply of fresh herbs from the garden, it's hard to give it up at the end of the growing season. Sure, you can dry or freeze the flavorful leaves for winter, but it's just not the same.

Luckily, some herbs grow well indoors in winter.

Parsley is one of the easiest because it survives on less light than many other herbs. Whether you choose the curly type for garnishes or the plain-leaf type that's most flavorful for cooking, parsley's dark-green leaves make it an attractive houseplant.

If you have parsley already growing in a pot outdoors, you're in luck. When freezing temperatures threaten, simply hose off the leaves and inspect the bottom of the pot for insects before bringing the pot indoors to set in your brightest window.

If your parsley is growing in the ground, look for the smallest plant to dig up and move into a pot. Parsley's long taproot makes digging up a large plant a challenge. If mature parsley plants are all you have in the garden, it's probably easier to purchase a small plant for a fresh start indoors.

Chives are also easy to grow indoors. Pot up a clump now but leave the pot outdoors until a hard freeze before bringing the pot inside.

Rosemary makes a gorgeous houseplant with its dark-green, needle-like foliage. Because it's a tender perennial that must be moved indoors in order to survive winter, many gardeners grow rosemary year-round in a pot.

Moving a pot of rosemary inside is easy. Keeping this temperamental plant happy indoors is more difficult. I've killed more than one over the years. The trouble is that rosemary likes the bright light of a sunny window but doesn't like warm temperatures or dry air. It also balks if it's over-watered or allowed to dry out. The best bet is probably growing it under a grow-light, allowing ample room for good air circulation in order to prevent mildew.

Small-leaf varieties of sweet basil grow especially well in a pot. If you don't have any plants you can bring in, you can grow basil from seed. Basil languishes indoors without bright light. So do thyme and oregano. All three herbs are happiest indoors in a sunny south or west window.

Lemon grass often languishes with the decreased light indoors. You might have better



Rosemary makes a pretty houseplant with its dark-green, needle-like foliage. *Photo by Jan Rigggenbach*

luck with lemon verbena, a tender perennial, provided you put it in a cool, bright spot. If whiteflies attack, use insecticidal soap and yellow sticky

traps to get these tiny insect pests under control.

I don't think dill and cilantro are worth the bother indoors. They go too quickly to seed.

Teaching children about giving — right from the start

BY BRUCE DEBOSKEY
Tribune News Service

Philanthropic values cannot be passed on to rising generations all at once, in one big “data dump” towards the end of a donor’s life. Rather, philanthropy is an evolving opportunity for learning that is best pursued over a lifetime.

Right from the start, young children can be involved with simple giving activities. By the time they have leadership opportunities, they will be well versed in and comfortable with the family’s values and will have developed philanthropic skills.

Even 3-year-olds can be encouraged to select and donate gently used items like clothes, books and toys to children with less.

*More activities for
younger children*

Many of our children already have plenty of “stuff” — far more than any previous generation. On birthdays, holidays and other special occasions, encourage your child to request donations to a local charity in lieu of a mountain of gifts most of which will be abandoned in days and in landfills in months. Make sure that your child has a clear understanding of how the donations will be used. When parents walk the talk for their own gift choices for holidays and birthdays, it sets a good example.

As soon as a child is old enough to receive an

allowance, label three jars: one for spending, one for saving and one for giving. One-third of the child’s allowance should go into each jar.

When a certain amount has accumulated in the “giving” jar, help the child identify a personally meaningful charity and deliver his or her donation. Families do not need a lot of money to build upon this healthy approach to money. One dollar in change can be divided among three jars as easily as \$100 in bills.

Once children are old enough to have some useful skills, they can join with other family members in a volunteer project — such as working at a soup kitchen, tutoring younger children or joining a cause-related walk.

Older children can do more

As parents and children grow older, education in the ethos and skills of giving should evolve as well. It is important to communicate honestly and transparently about the family’s goals regarding money, estate planning, philanthropy and charitable legacy.

Too often, the vision for philanthropic ventures is unilaterally imposed by older generations. If they are going to survive eventual transition, values must be relevant to all. Begin to involve the rising generations well before they are responsible for these decisions.

To capture and hold the interest of younger generations, give serious

consideration to the causes they find meaningful — even if these are not the causes you would otherwise select.

Tools for family philanthropy

Many families with philanthropic interests choose to open donor-advised funds, or DAFs. A DAF is a charitable fund created by a donor within a public foundation. It allows a donor to “advise” the sponsoring foundation about which nonprofits should receive grants.

Asking older children to research and recommend the nonprofits in a DAF lays a solid foundation for future responsibilities.

A family DAF can be opened by parents with a local community foundation or through many investment firms. A collective fund allows siblings to learn to collaborate on donation decisions. Families with enough funds can open a separate DAF for each child.

Where larger sums are involved, a family foundation can be established.

Philanthropy addresses important societal needs. No matter the size of a family’s philanthropic budget, the consistent involvement of younger generations (and recognition of their interests) can enhance family connectedness and communication, teach kids to appreciate the lifestyle they are privileged to enjoy, transmit values to future generations.

When it comes to philanthropy, it is never too early to start.

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HALLOWEEN BEAUTY



Wonder Woman: Kari P., an esthetics student is the model and Cyerra K., also an esthetics student, applied the halloween make up. *Photos by Margo Niemeyer/Ames Tribune*

Halloween conjures images of Hocus Pocus (the movie) and children at your front door seeking treats for their tricks. Do they do that anymore? You remember, when you asked to see their trick before you offered them your treat.

The costumes are the big deal for most of us but sometimes the makeup enhances the costume.

Esthetics students at PCI Academy produced three models of Halloween makeup for us. The models are esthetics or cosmetology students.

Cyerra K. made Kari P. up as Wonder Woman. It turns out Kari has an actual Wonder Woman costume. They went with a pop-art look resulting in the dots on Kari's face. Red lipstick was used for the dots and the red lips. Brows were thickened and lashes were added for a super power look.

The Sugar Skull look was created by Liz R. for Lacey C. with dark circles around the eyes and then body paint in white to give it that Day of the Dead look so popular right now. Liz found the image online and then added her personal touches.

Perhaps your goblin is a delicate Fairy like the one created by Tisha D. for Mikayla S. The pale face and almost surreal look makes a pretty yet unearthly appearance.

Most salons and beauty schools don't actually do Halloween makeup except as a special promotion but your professional has probably done lots of them



MARY CLARE LOKKEN

over the years even with their own kids. There are tons of ideas in magazines and even more on the web.

Some of the best face makeup samples come simply from using your own imagination. Try looking at a cat on your cell phone if your child wants to be a kitty.

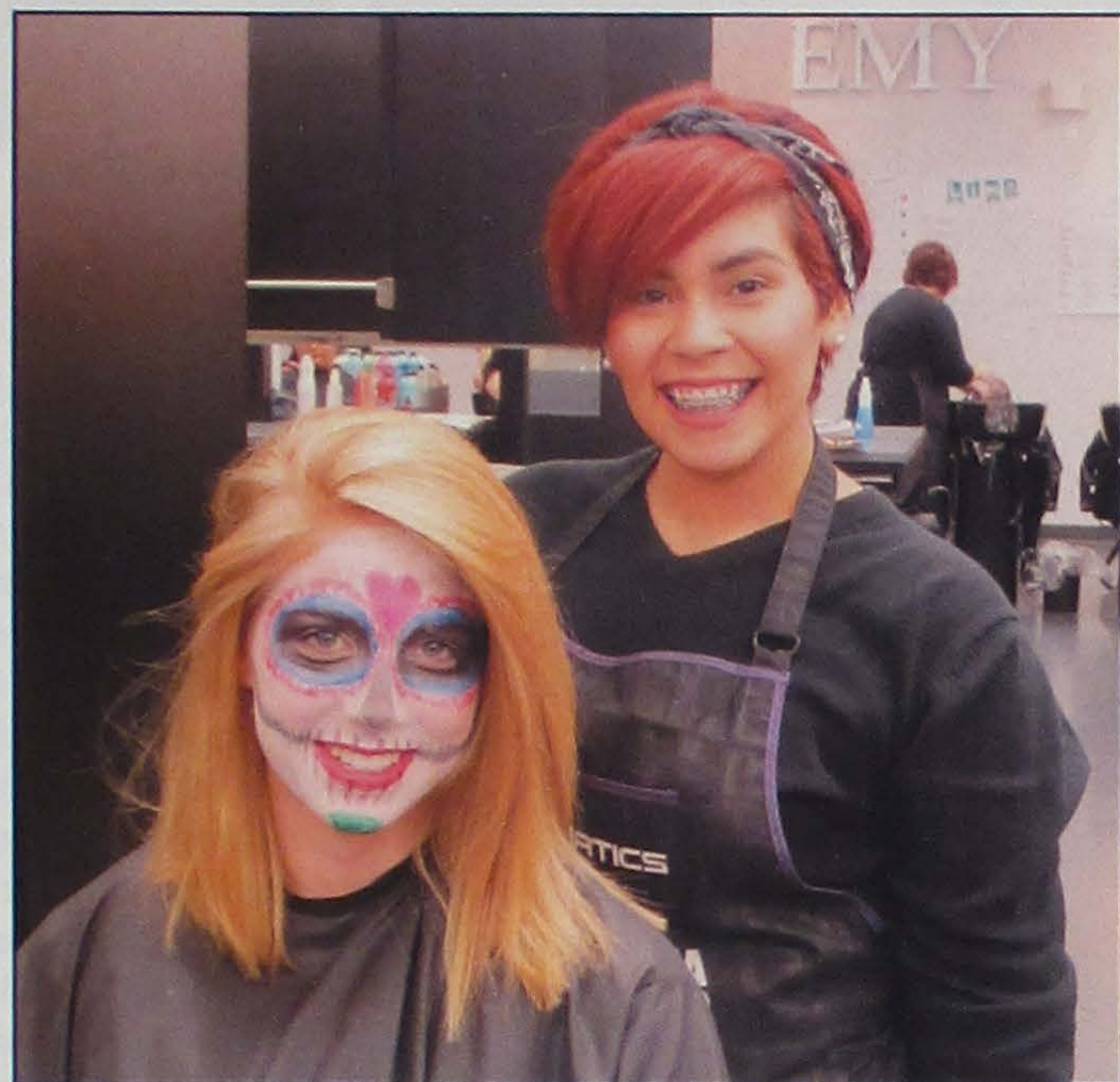
Squint so you see just the most prominent features of the cat and draw those on the child's face. The eyes are the focal point. Draw the outline, then the dark centers and color in the eye color.

Next draw the whiskers and any other dominant features on the face. The tiny nose and mouth can be done just drawing them over the child's mouth after putting on a base of skin tone makeup to cover the child's features so the nose and mouth actually go right over them.

Easier faces are clowns and super heroes because they are already exaggerated.

Be sure to use a light moisturizer and then a foundation of skin tone makeup so all the colors are easier to remove. Any Halloween makeup purchased in stores should be designed specifically for this purpose. Never use paint or stains that may not come off or may cause a reaction or irritation.

Your local drug store and discount stores will have a wide variety of products to purchase to make your tricksters ready for the big night.



Sugar Skull, top: Lacey C., a cosmetology student, is the model and Liz R., an esthetics student, applied the Halloween make up. Fairy, left: Mikayla S., a cosmetology student is the model and Tisha D., an esthetics student, applied the Halloween make up. Photos by Margo Niemeyer/Ames Tribune

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Hop farming growing with Iowa craft beer scene

BY GRAYSON SCHMIDT
Ames Tribune Staff Writer
gschmidt@amestrib.com

While the Pacific Northwest is still known for being the U.S. hub for craft beer, it is also one of the leading producers of beer's central ingredient: hops. But Iowa's craft beer scene is getting stronger, and has grown exponentially within the past five years. According to Torrent Brewing Company owner Andy McCormick, this surge of craft beer has subsequently brought an increase in hop farming as well.

"If Iowa wasn't experiencing growth in craft beer, you wouldn't be seeing hop farms popping up," McCormick said. "I think they're coinciding right along each other."

Hops are the female flowers of the hop plant, which gives beer a bitter and tangy flavor. The plant can grow up to 20 feet high and is usually planted in mid-April, with harvest in late August or early September.

As a brewer and hop farmer (on the side), McCormick knows the work that goes into growing hops

and the difference fresh hops can make.

McCormick started his farm in 2009 about 20 miles southeast of Ames in Madrid, with the intention of supplying some of the small craft breweries around the area with a portion of their hops for specialty beers. But he admits that his 450 plants at Arrowhead Farms are primarily used for his own brewery.

"We're not looking to sell commercially anymore," he said. "I'm looking to keep my farm pretty small and manageable. Hops, like beer, is a volume game."

McCormick said that other states, such as Michigan, New York, Virginia and Wisconsin, are starting to see growth in hop farming as well. But with the harder clay soil of Iowa, he said Iowa does not really provide the environment for growing a wide range of hops.

"Hops require a lot of water, but do not like to be wet. They need soil that will drain," McCormick said.

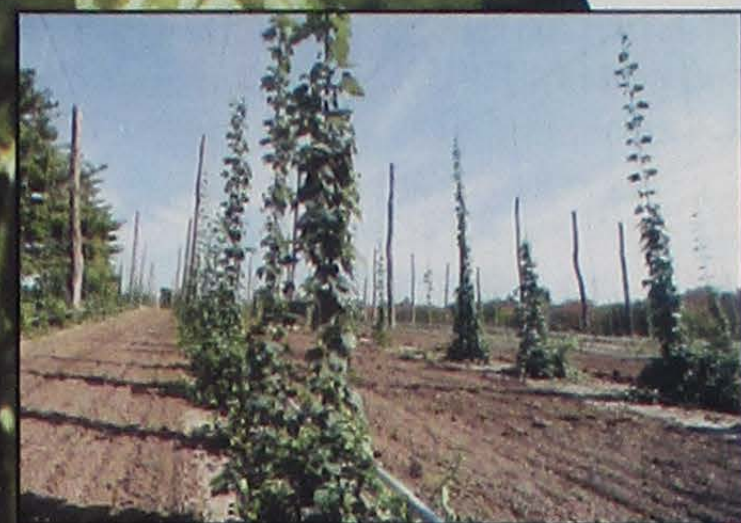
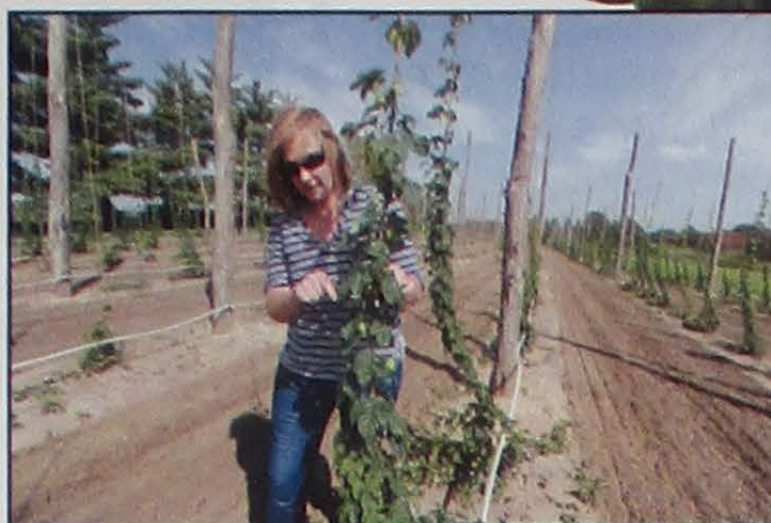
Out of the roughly 40 types of hops that are commercially produced, McCormick only grows three: Cascade, Centennial and Columbus hops. These are the ones he said grow the best in Iowa. And it so happens that just north of Ames in the Iowa State Horticultural Research Station, ISU assistant professor and extension fruit specialist Diana Cochran is currently conducting her own research on growing hops in Iowa.

Cochran started her research after coming to ISU a year ago. The 1-acre farm consists of Cascade and Chinook hops, which Cochran said have seen the highest success rate in Iowa.

"Some of the farmers have had success with them, so I just wanted something that we know works here," Cochran said.

According to Cochran, there are around 10 to 20 commercial farms in Iowa, and apart from Buck Creek Hops in Solon (25 acres), almost all of them are small-scale at 1 acre. The research being conducted by ISU entails nutrient requirements and sustainable irrigation, which has never really been done in Iowa.

"A lot of the information on hop growing is specific to the Northwest," she said. "There's a lot of research,



Left and right, Hops Farm at Iowa State University Horticulture Research Station in Gilbert. Center, Assistant professor Diana Cochran shows some of the hops at the Iowa State University Horticulture Research Station in Gilbert. Photos by Nirmalendu Majumdar/Ames Tribune

but it's not like we're reinventing the wheel completely."

Cochran said that one of the key differences between growing in Iowa as opposed to the Northwest is the nitrogen levels in the soil, which she said is suggested at anywhere from 75 pounds to 250 pounds per acre depending on the part of the country.

"Growing hops is one part, but it's the processing, the making sure you have the market, and working with local brewers to make sure they have what they need," she said. "It's more of looking at the quality of the hop, which is what I want to focus on."

The research could provide not only the information needed for how to properly grow hops in Iowa, but which types are the easiest to grow, and which can become specific to the state. That way, local brewers can produce specific types of beer that Iowa can claim as its own, which can take a while to discover.

"Some breeders are trying to work on developing regional hops with a unique taste," Cochran said. "There could be some hops that are around that when they grow here, they have a different taste that the brewers work, and even those take years to figure out."

Both McCormick and Cochran agree that hop farming, much like a brewery, is not something a person can decide to start and do it the next day. It is a long and expensive process. Cochran said establishing a 1-acre hop yard can cost around \$15,000, and it can take up to three years to develop a full crop.

"You don't just start a hop farm," McCormick said. "You have to do research and have some soil testing and do your due diligence beforehand so that you can get a good product."

He said the key component that will ensure the growth of hop farming in Iowa is still the craft beer scene. And as long as the demand for craft beer grows, and more breweries keep popping up, more hop yards will begin to pop up as well.

"I wouldn't be surprised if we see a few more hop farms that are solely hop farms sprout up within the next few years," McCormick said. "As long as craft beer is solid and growing, it will pull other industries along with it, and hops is that industry."

Laid low by Prohibition, rye rebounds

BY M. CARRIE ALLAN
Special to the Washington Post

In July, a partisan crowd gathered at Tales of the Cocktail, the annual trade conference in New Orleans, for a debate titled "The Greatest Whisk(e)y Category Is" Organized by Derek Brown, owner of several D.C. bars and the spirits adviser for the National Archives, the argument pitted peat-loving sister against limestone-loving brother, brand rep against brand rep, whisky against whiskey.

Southern Efficiency's J.P. Fetherston, arguing for the supremacy of bourbon, ramped up supporters with jingoistic appeals to their patriotism. Andy Nelson of Nelson's Green Brier Distillery waved a picket sign as his brother Charlie advocated the superiority of Tennessee whiskey. Georgie Bell, brand ambassador for Mortlach single-malt Scotch, held out for the peaty classic.

After a vote taken by noise levels (a crowd whose morning has been spent tasting spirits is not one to hold back), Chad Robinson, who as global ambassador for Catocin Creek

Distilling had made the case for rye whiskey, stood triumphant.

Even as Brown jokingly declared the results final and definitive, I wondered about audience bias. It was a crowd of young bartenders. Would the same debate conducted before septuagenarian Kentucky lawyers or proud Glaswegians have produced the same results?

I put the question out of my head, to make room for more cocktails. Until August, that is, when stats from the Distilled Spirits Council of the United States announced that, since 2009, rye whiskey sales have jumped 536 percent by volume.

Rye seems to be having a moment. But dig a little, and you'll find stories going back at least five years about its return. So maybe it's less a moment than it is momentum, a climb out of the dustbin that might take decades to fully assess.

Rye's spike, after all, is matched by the depths to which it had fallen.

"By 2001, rye was on life support," says Dave Pickerell, former master distiller at Maker's Mark and now head distiller at WhistlePig. (WhistlePig's highly regarded rye is sourced from a



Brooklyn cocktail. Photo by Scott Suchman/Washington Post

BROOKLYN

1 serving

Per cocktail historian David Wondrich, over the decades a number of cocktails have been called a Brooklyn; this rye-forward one seems to have survived best, but even it doesn't turn up on many bar menus these days. Amer Picon, an orangey aperitif that traditionally was used as the drink's bitter element, is virtually impossible to find in the States. That means many cocktail enthusiasts have never tried Amer Picon and won't know what they're missing when they have to substitute.

Try a variation: You can replace Punt e Mes, the bitter component called for here, with a few dashes of Angostura or orange bitters, or go with one of the many amari

now available; Ramazzotti and CioCaro produced tasty results in testing.

The recipe also calls for maraschino liqueur, which is not the same thing as the liquid from jarred maraschino cherries.

Adapted by M. Carrie Allan.

Ingredients

Ice
2 ounces rye whiskey
1 ounce dry vermouth
1/4 ounce maraschino liqueur (see headnote)
1/2 ounce Punt e Mes or 1/4 ounce amaro (may substitute 2 dashes Angostura or orange bitters; see headnote)

Steps

Fill a mixing glass with ice. Add the rye whiskey, dry vermouth, maraschino liqueur and Punt e Mes or amaro. Stir for 30 seconds, then strain into a chilled cocktail (martini) glass.

distiller in Canada, though Pickerell expects the Vermont distillery will soon be making its own.) "No one was spending money on it," he says. "The only people that were making it were guys that were primarily bourbon guys, and they'd turn on the distillery one day a year to make rye and then go back to bourbon."

If there was ever a booze to blow a hole in the adage about there being no second acts in American lives, it's rye.

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Rye was distilled by President George Washington at Mount Vernon. Rye was largely behind the tax resentments that touched off the Whiskey Rebellion in 1791. And rye was a spirit that godfather-of-bartending Jerry Thomas used in many of his drinks in the 1800s, that never

quite rebounded after Prohibition and that, for decades, was seen as a dusty antique. But in 2009, it started to be made again at Washington's distillery, a project Pickerell still consults on. Now — in part because of its long, unearthed history — it seems to be the belle of the bartenders' ball.

Second acts? Rye's on at least Act 5. And we may not have hit intermission yet.

Rye has been brought back by big, established whiskey distillers and initiated by small craft ones, including in states where it once flourished. The two contrasting styles, Maryland-style rye and Monongahela (or Pennsylvania) rye, can be quite distinct: Maryland rye contains less rye in the mashbill and more of other grains, such as corn — thus hewing closer to bourbon — while Monongahela is high-rye, bracing and zippy.

Lyon Distilling in St.

Michaels, the first Maryland distillery since the 1970s to make a true Maryland rye, started distilling it last year.

Allen Katz, one of the founders of New York Distilling, which just released Ragtime Rye, grew up in Baltimore, where his grandmother would take him out for rye Manhattans.

For him, it's part of authentic American gastronomy. Rye is a hardy crop, and early immigrant farmers, in a strange place, wanted to plant something that would feed their families and live through whatever the climate might throw at it. "Rye became a significant crop for the survival of this country," he says.

Months after the whiskey debate at Tales, I asked Brown whether the bartender demographic had affected the results. He laughingly confirmed my suspicions. "Rye has become the

symbol of the cocktail renaissance," he said. "Nothing symbolizes this change in mores more than the advent of rye. Because it was done, gone. Nobody cared about rye."

Nobody, that is, until the mid-'00s, when craft bartenders began reviving old drinks and fell in love with rye's spice and arcane cool, its history, its authenticity, the way its typically high-proof and spicy, dry qualities give it the pop to stand up to big vermouths and other powerfully flavored ingredients that might kick many bourbons under the carpet.

"It was the bartenders who have always preached an appreciation for our ryes and told us to continue producing them, even when consumer demands were low," says Eddie Russell, master distiller at Wild Turkey, which now makes five ryes, including the new Russell's Reserve Single Barrel.

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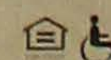
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The thrill of the dill

BY DANIEL NEMAN | St. Louis Post-Dispatch

To my mind, dill is the forgotten herb. I mean that literally. Whenever we plant it in the garden, I forget all about it until it bolts and has to be cut down.

I don't know why this is. I like dill. That's why we plant it. I like its unique, sharp, unmistakable taste. I like the way it goes with salmon. I like what it does to lemon, and what lemon does to it. I like the way Eastern Europeans sprinkle it over basically all their soups.

And yet, I can go weeks without once thinking of dill. Months, maybe.

So to remind myself of what it is about dill that makes it so alluring, I decided to use it in an assortment of dishes. One, obviously, is salmon; the fish and the herb were absolutely meant for each other. Another is one of those Eastern European soups, though in this one dill actually comprises the main flavor. A third is a chicken dish, because I don't usually think about dill going with chicken.

And the fourth is potatoes. And cream. And dill.

We've probably all had potato salad with dill; as the potato luxuriates in the creamy mayonnaise, the dill asserts itself as a fragrant culinary counterpoint. It's good stuff, but it can't compare to creamy dill potatoes.

Creamy dill potatoes (I took the liberty of changing the name from "comforting dill potato recipe") transcend the ordinary

pleasures of a dill-flavored potato salad because of one basic, indisputable fact: mayonnaise is good, but cream is better.

First, you boil baby potatoes or small red potatoes until they are fully cooked. As they are simmering away, you sauté a sweet onion in a lot of butter and then you add some cream. Good, thick, heavy cream. You could use light cream or half-and-half if you wanted to, I suppose, but why bother? The whole dish is made by the way the heavy cream decadently blends with the onions.

The dill that is added only makes the flavors pop even more. And when this sauce coats the potatoes, it is superb.

Next up was the salmon, perhaps the most natural pairing that exists for dill. In general, dill cuts through the silken richness of salmon while the two flavors play merrily off each other.

But the version I made adds a couple of other ingredients that effortlessly complement the combination. Foremost of these is sour cream. The extravagance of the sour cream is then tempered with a few mildly astringent ingredients: shallot or onion, Dijon mustard, lemon juice and the dill.

Part of this mixture is spread over the salmon before baking, with the rest of it served on the side. But you may want to hold off on using it all with the fish because

it has another excellent use — it makes an incredible dip for potato chips. Seriously. The blended flavors perk up even more when introduced to fried thin potato slices and salt. You could use it for crudites, too.

For my chicken dish, I chose a recipe for lemon and dill chicken from *EatingWell* magazine. The dish employs what I like to think of as a culinary syllogism.

The secret is the sauce. Onion and garlic are sautéed in the same pan you used to sear the chicken breasts. Add chicken broth thickened a bit with flour, and stir in the dill and lemon juice. Continue cooking the chicken in the sauce, garnish with more dill (of course) and you have a delicious dinner.

Finally, I made a *zupa koperkowa*, a dill soup from Poland. This is a flavorful but thin soup made richer by sour cream and embellished with batter dumplings.

The soup is awfully good by itself (I made it with a mixture of veal and chicken stocks, but the next time I'll just use chicken), and this is the only dish in which the dill gets a chance to shine by itself. But what really makes this soup sing are the batter dumplings.

You simply whip together an egg, some flour and some salt and drizzle it into the simmering soup. In one minute, you have delicious dumplings that are remarkably easy to make.

LEMON AND DILL CHICKEN

Yield: 4 servings

4 boneless, skinless chicken breasts (1 to 1 1/2 pounds total)
Salt and pepper, to taste
1 tablespoon extra-virgin olive oil or canola oil
1/2 cup finely chopped onion
2 cloves garlic, crushed
1 cup chicken broth
2 teaspoons all-purpose flour
3 tablespoons chopped fresh

dill, divided

2 tablespoons lemon juice
1. Season chicken breasts on both sides with salt and pepper. Heat oil in a large, heavy skillet over medium-high heat. Add the chicken and sear until well-browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil. Do not clean skillet.

2. Reduce heat to medium. Add onion and garlic and cook, stirring for 1 minute. In a separate bowl, whisk together broth, flour, 2 tablespoons of the dill and lemon juice and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer

the chicken to a warmed platter. Remove the garlic cloves. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped dill.

Per serving: 172 calories; 6 g fat; 1 g saturated fat; 63 mg cholesterol; 24 g protein; 4 g carbohydrate; 1 g sugar; no fiber; 288 mg sodium; 22 mg calcium.

Adapted from a recipe from EatingWell

CREAMY DILL POTATOES

Yield: 5 servings

2 pounds new baby potatoes or small red potatoes, the largest ones cut in half

2 1/4 teaspoons salt, divided

3 tablespoons butter

1 medium sweet onion, chopped

1/2 cup whipping cream

1/8 teaspoon black pepper

1/2 cup (or 3/4-ounce package) dill fronds, chopped

1. Put potatoes in a large saucepan and just cover with water. Add 2 teaspoons of the salt, and stir. Over high heat, bring to a simmer. Reduce heat to low, stir, and partially cover the pot. Simmer potatoes until they are fork-tender, 5 to 10 minutes.

2. Meanwhile, melt butter in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until translucent, about 3 to 5 minutes. Stir in the cream and the remaining 1/4 teaspoon of salt and the pepper. Bring the cream to a boil, stirring constantly.

3. Remove from the heat and add the dill. Drain the potatoes and add them to the skillet, turning them over in the cream sauce until covered.



Per serving: 280 calories; 16 g fat; 10 g saturated fat; 51 mg cholesterol; 4 g protein; 32 g carbohydrate; 4 g sugar; 4 g fiber; 277 mg sodium; 43 mg calcium.

Adapted from cookthetory.com



DILL SOUP WITH DUMPLINGS (ZUPA KOPERKOWA)

Yield: 4 servings

2 tablespoons butter, divided

3/4 cup finely chopped dill, divided

6 cups of stock: chicken, veal, beef or vegetable

6 1/2 tablespoons all-purpose flour, divided

1/2 cup cold water

1 large egg

1/8 teaspoon salt

1 egg yolk

1/2 cup sour cream

Salt and pepper to taste

Note: Along with the dumplings, this soup can also be served with boiled potatoes or hard-boiled eggs cut into wedges

1. Melt 1 tablespoon butter in a skillet, add 1/4 cup dill and sauté gently over low heat for 1 to 2 minutes. In a large pot, heat stock to boiling and add the dill and butter

mixture. Dissolve 3 tablespoons of the flour in the cold water and add to the stock. Bring the stock back to a simmer.

2. To make the dumplings, combine the egg, the remaining 3 1/2 tablespoons of flour and the salt, and beat with a whisk or fork for 2 minutes until smooth. Drizzle batter slowly into simmering stock from a spoon or fork and cook for 1 minute. Keep the soup at a simmer to avoid disintegrating the dumplings.

3. Melt the remaining 1 tablespoon of butter, place in a small bowl and beat in the egg yolk. Gradually add 1 cup of the boiling stock and stir well. Stir in the sour cream until the mixture is smooth. Return this mixture to the soup pot and simmer for 1 to 2 minutes, but do not boil.

4. Turn off the heat, add the remaining 1/2 cup dill, stir, cover and let stand for 2 to 3 minutes. Add salt and pepper to taste.

Per serving: 305 calories; 17 g fat; 8 g saturated fat; 131 mg cholesterol; 13 g protein; 24 g carbohydrate; 7 g sugar; no fiber; 629 mg sodium; 58 mg calcium.

Recipe by Laura and Peter Zelanski of polishclassiccooking.com

BAKED SALMON WITH MUSTARD-DILL SAUCE

Yield: 4 to 6 servings

1 cup sour cream

1/3 cup chopped fresh dill

3 tablespoons finely chopped shallot or onion

2 tablespoons Dijon mustard

Juice of 1/2 lemon

1 1/2 pounds center-cut salmon fillet with skin

1 teaspoon minced garlic

Salt and pepper, to taste

1. Whisk sour cream, dill, shallot or onion, mustard and lemon juice in a small bowl to blend. Season sauce to taste with salt and pepper. Let stand at room temperature for 1 hour.

2. Preheat oven to 400 degrees. Lightly oil a baking sheet. Place salmon, skin-side down, on prepared sheet. Sprinkle with garlic, salt and pepper; spread with 1/3 cup sauce. Bake salmon until just opaque in center, about 20 minutes. Serve with remaining sauce (or use sauce as a dip for potato chips or crudites).

Per serving (based on 6): 220 calories; 11 g fat; 5 g saturated fat; 70 mg cholesterol; 25 g protein; 3 g carbohydrate; 1 g sugar; no fiber; 233 mg sodium; 47 mg calcium.

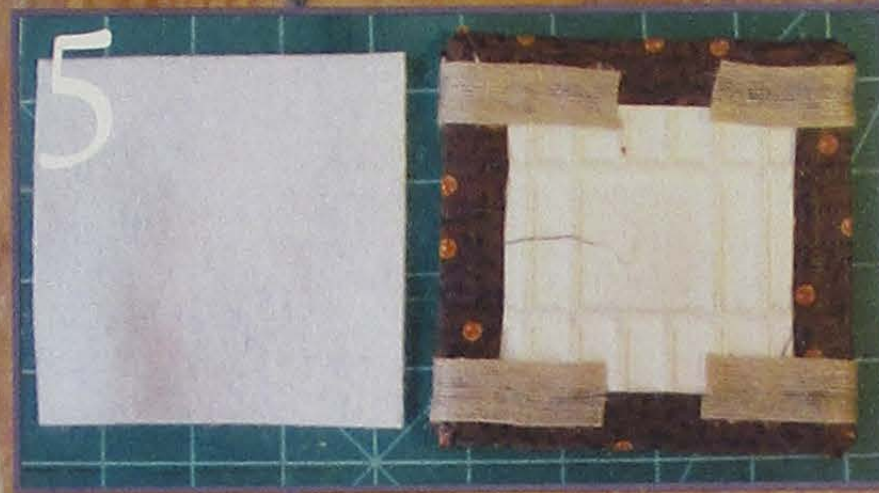
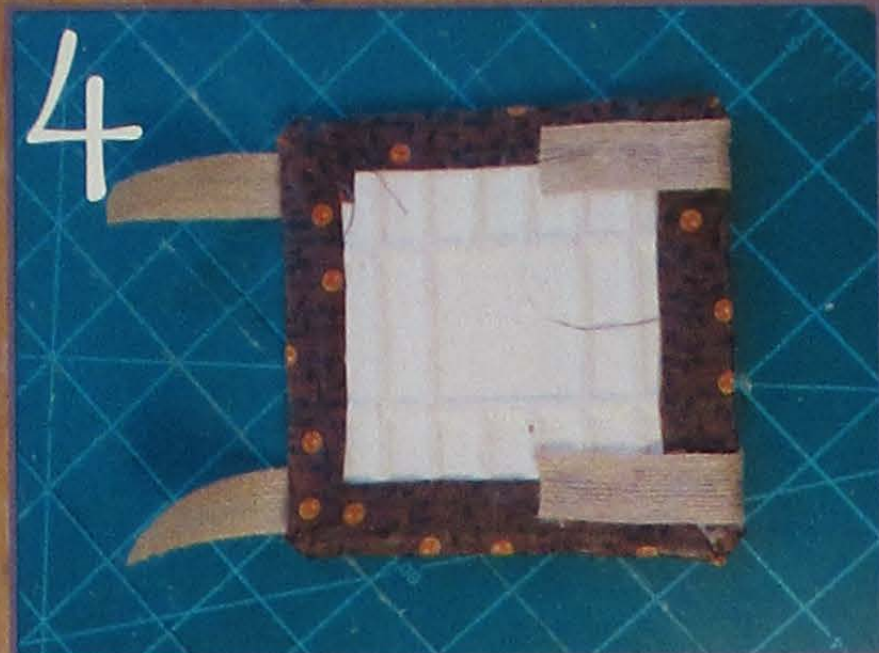
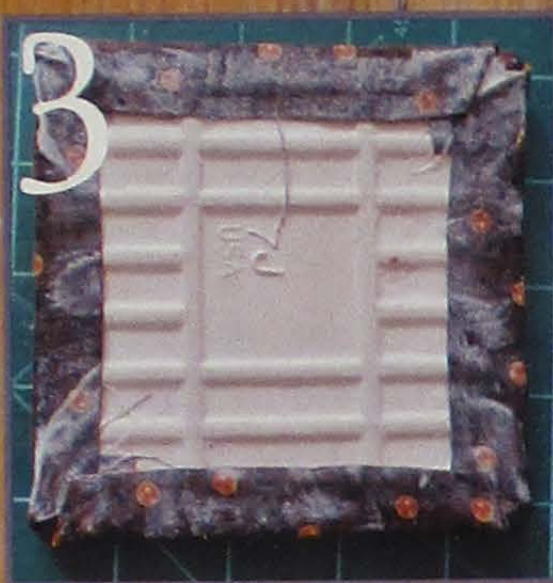
Adapted from a recipe in Bon Appétit

Coasters with a splash of fall



Supplies

- 4 inch by 4 inch ceramic floor tile
- Fabric (cotton works nicely)
- Mod podge
- Cutting mat and rotary cutter
- Ruler
- 1 inch craft brush or paint brush
- Hot glue gun
- Felt



Directions:

1. Cut 6 inch by 6 inch square of fabric. Cover the top of the tile with an even coat of mod podge. Center the tile on the fabric by laying the fabric right side down and firmly pressing tile to fabric. Flip tile and fabric right side up and gently even out any wrinkles in the fabric. Let the coaster sit for 5 minutes, or as long as needed, to dry.

2. Flip coaster upside down and adhere the fabric flaps to the back side.

3. I found it was helpful to hot glue the corners, then mod podge the sides. Use the brush to help lay down the side flaps with mod podge. Let dry (this could take up to 45 minutes depending on the amount of mod podge used).

4. When everything is dry embellishments can be added. I wrapped all my ends to the back. That way the felt will cover them.

5. Cut a 4 inch by 4 inch piece of felt. Run hot glue along all sides and quickly center the felt on the back of the tile and press firmly. Strips of cork or cork dots can also be added to prevent the coaster from slipping.





Squashing myths about carbs

Fall has officially begun and with the chilly season comes the opportunity for consuming delicious in-season produce. Three options that are plentiful during fall are spaghetti, acorn and butternut squash. These winter squash are higher in carbohydrates than most other produce, so it often raises the question: "Should I be eating this?"

Discussion about carbohydrates is a hot topic right now, so you may be surprised to hear that 45 percent to 65 percent of your daily caloric intake should come from carbohydrates. It is important that you are choosing the right carbohydrates the majority of the time.

So what are considered the "right" carbohydrates? The carbohydrates that you want to choose most often are the ones that are the most nutrient-dense. These would include fruits, vegetables, whole grains, legumes and milk. They include plenty of fiber, vitamins and minerals.

For example, let's take a look at the differences of choosing a whole-grain bread versus white bread. With the whole-grain bread, you will be consuming more protein, fiber, B vitamins, antioxidants, iron, zinc, copper and magnesium. With white bread, you are missing out on all of those nutrients. By choosing a whole grain, research indicates that it may reduce the risk of heart disease, type 2 diabetes, obesity and some forms of cancer. How can you confirm it's a whole-grain bread? Check the ingredients list, and if the first word listed is "whole," then you've got a whole grain!

The health benefits of consuming winter squash are endless, too! One cup of winter squash contains vitamin C, B vitamins, potassium, fiber and almost 60 percent of your daily recommended intake of vitamin

A. This fall, make sure to experiment with winter squash. It's so easy to prepare, delicious and nutritious.



AMY CLARK

ROASTED WINTER SQUASH AND MOZZARELLA QUESADILLAS

Serves: 6

Preparation time: 30 minutes

Source: Recipe courtesy of Challenge.gov Recipes for Healthy Kids.

All you need:

6 cups cubed butternut squash
1 1/2 cups diced red bell peppers
1 tablespoon diced garlic
1 tablespoon olive oil
2 dashes salt
2 dashes black pepper
3/4 cup diced tomatoes
6 tablespoons diced onion
3 tablespoons chopped cilantro, divided
6 (8-inch) whole wheat tortillas
1 1/2 cups shredded fat-free mozzarella cheese, divided
1/2 cup trimmed, thinly sliced green onions

All you do:

Preheat oven to 400°F.

Mix the butternut squash, red pepper and garlic with olive oil, salt and black pepper.

Spread vegetables on a foil-lined cookie sheet and roast for 20 minutes until they are tender and slightly caramelized.

While the squash mixture is cooking, combine the diced tomatoes and onions. Add 1 tablespoon of cilantro. Set aside to be used as salsa.

Lay tortillas on parchment-lined baking sheets. Place 1/4 cup mozzarella on one-half of each tortilla.

Distribute roasted squash mixture evenly on top of the cheese, followed by green onions and remaining cilantro. Fold tortillas in half to form quesadillas.

Place in a 200°F oven for 5 minutes, until the cheese is melted. Serve with fresh salsa on the side of the quesadilla.

SPAGHETTI SQUASH LASAGNA

Serves 4.

Source: Hy-Vee Test Kitchen

All you need:

1 medium spaghetti squash, halved lengthwise and seeded
1 medium onion, chopped
3 cloves garlic, minced
3/4 cup fresh mushrooms
1 (24 ounce) jar spaghetti sauce
1 cup Frigo fat-free ricotta cheese
1 cup 2% shredded mozzarella cheese, divided
1 egg

All you do:

Preheat oven to 350 degrees. Spray a baking sheet with a thin layer of cooking spray.

Place squash halves cut-side-down on the baking sheet. Bake 35 minutes. Remove from oven and cool.

Meanwhile, spray a medium saucepan with cooking spray and sauté onion and 2 cloves of garlic until golden. Add the mushrooms. Stir spaghetti sauce into vegetable and garlic mixture. Cook for 10 to 15 minutes over medium heat to thicken the sauce.

Mix together ricotta and shredded mozzarella cheese and beat in the egg. Add 1 clove minced garlic.

Remove squash strands with a fork, reserving the shells. Layer each squash shell with a layer of sauce, a layer of spaghetti squash strands, a layer of mushrooms and a layer of cheese, using one-third of ingredients.

Repeat layers two more times until the shells are filled. Top with cheese.

Bake for 30 minutes.

Amy Clark received her Bachelor of Science Degree in nutrition and dietetics from Iowa State University in 2003 and completed her dietetic internship at Iowa Methodist Medical Center in 2004. She is a member of the Academy of Nutrition and Dietetics and Iowa Academy of Nutrition and Dietetics. Amy completed CDR Certificate of Training in Adult Weight Management in November 2006. This information is not intended to be medical advice.



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